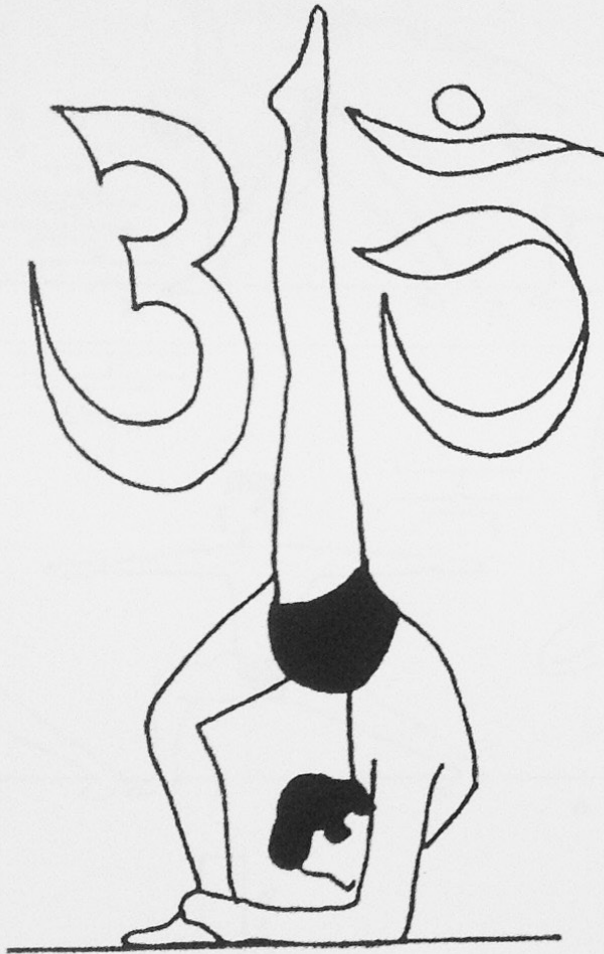


SEVEN DAY PRACTICE MEMO

**with aids to assist
adjust and refine**

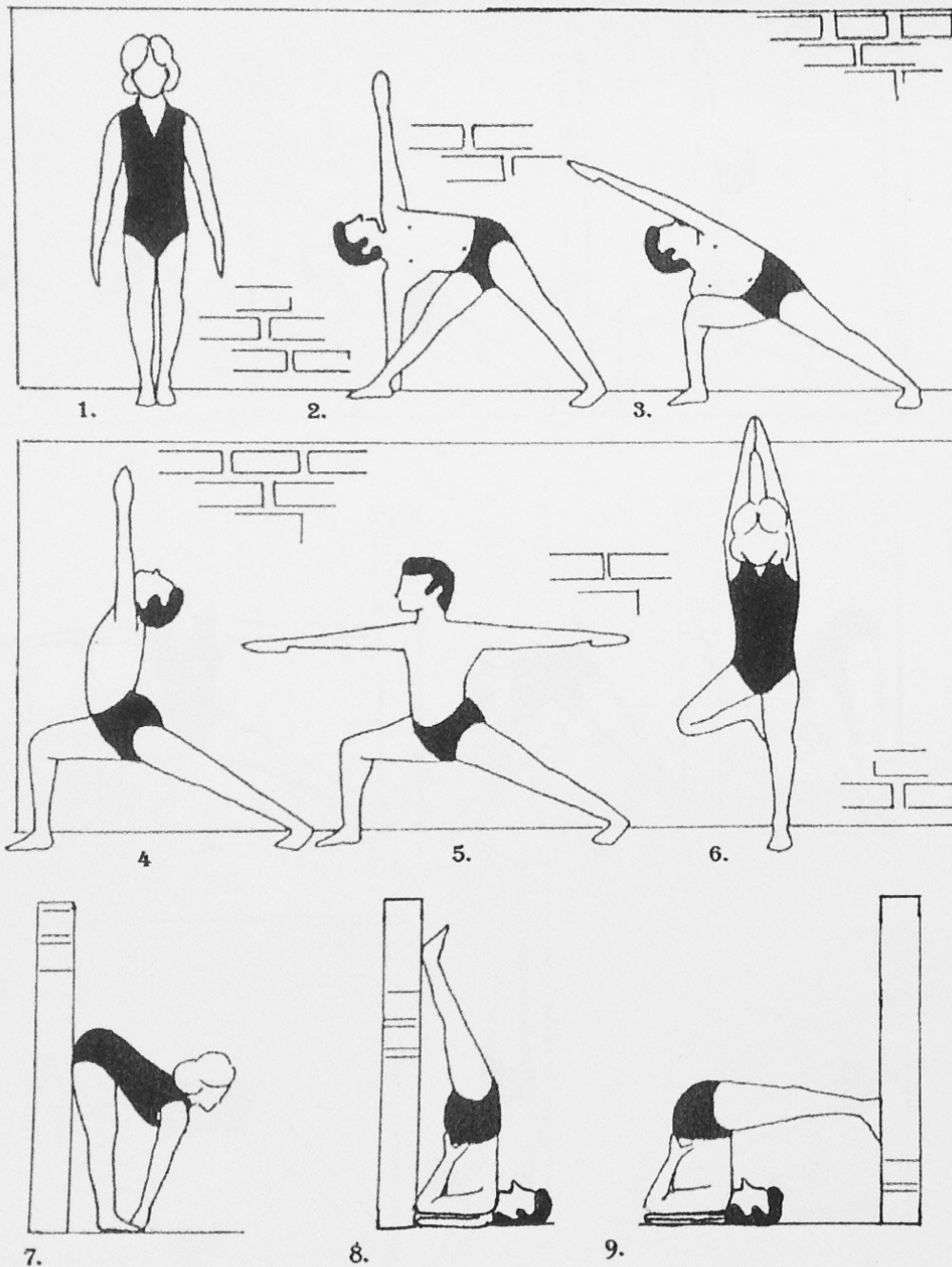
The Manchester & District Institute of Iyengar Yoga

Notes before Practice of Asanas:



1. This "Seven Day Practice Memo" can easily and safely be followed by the Beginner, as long as the pupil **ONLY** practises those asanas already taught in class.
2. Although it maybe said that AIDS assist pupils to do asanas easily with comfort, it must also be remembered that AIDS act as a guide to measure the correctness of asanas.
3. Make a special note of the length of time spent in each asana, but never exceed your capacity.
4. The instructions for all asanas can be found in 'Light on Yoga'.
5. Remember that these pages are for those who attend classes, not for the uninitiated who are looking for a substitute teacher.
6. **CAUTION.** Inverted poses should not be practised during menstruation, or when eye or ear infections are present.

Day One



1. TADASANA

Stand erect with heels, hips and shoulders against the wall.

2. UTTHITA TRIKONASANA

Extending sideways with the back of the shoulders, hips and heels against the wall.

3. UTTHITA PARSVAKONASANA

Repeat with the wall as in Utthita Trikonasana.

4. VIRABHADRASANA 1

Stand erect with your back to the wall the turn the chest and hips sideways keeping close to the wall.

5. VIRABHADRASANA 2

Repeat with the wall as in Virabhadrasana 1, but keep the back of the chest and hips facing the wall.

6. VRKSASANA

On one leg stand erect with the wall as in Tadasana.

7. PADANGUSTHASANA

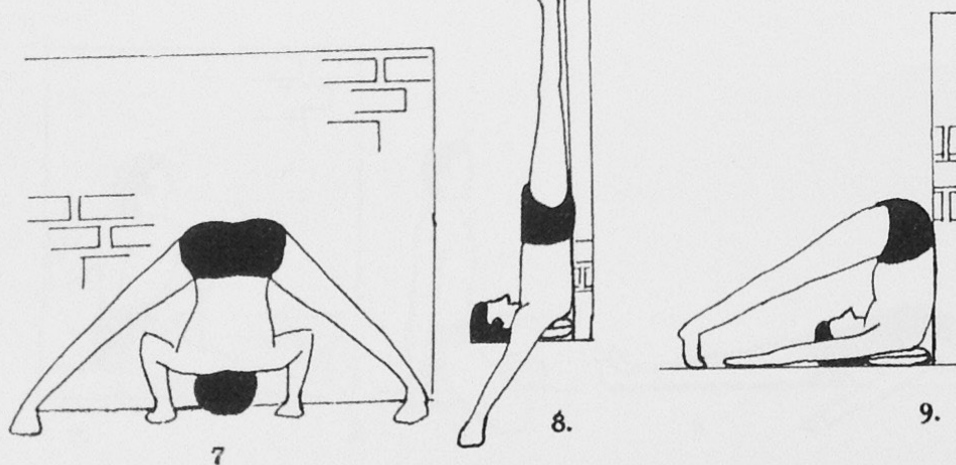
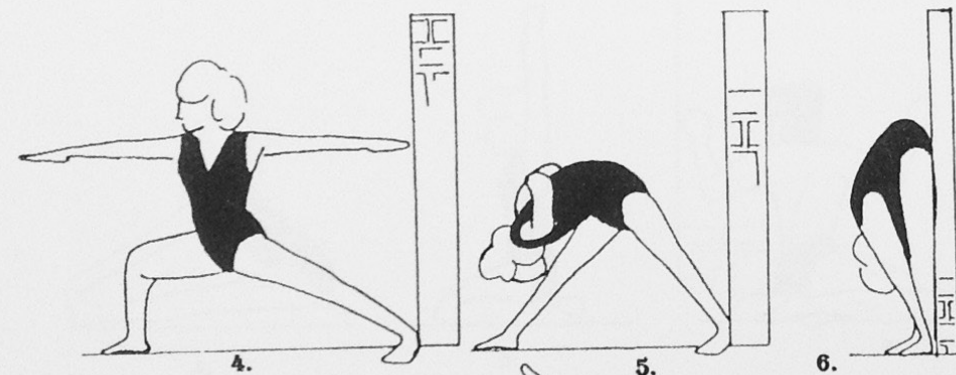
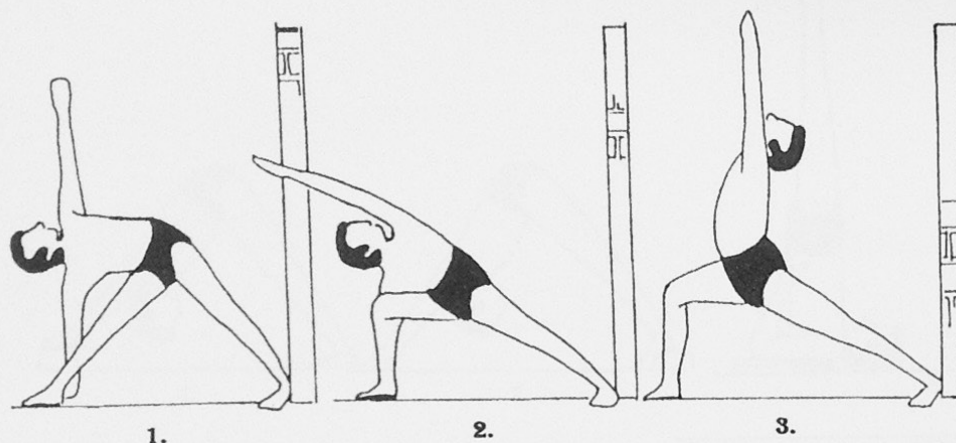
Extending forwards with the back of the hips against the wall.

8. SALAMBA SARVANGASANA

Extending upwards with the elbows and heels against the wall. Use a support under the shoulders.

9. HALASANA

Extending the legs parallel to the floor with the heels against the wall. Use a support under the shoulders.



Day Two

1. **UTTHITA TRIKONASANA**

Stand sideways to the wall, then extend sideways keeping one foot against the wall.

2. **UTTHITA PARSVAKONASANA**

Repeat with the wall as in Utthita Trikonasana.

3. **VIRABHADRASANA 1**

Stand sideways to the wall, then turn the chest and hips keeping one foot against the wall.

4. **VIRABHADRASANA 2**

Repeat with the wall as in Virabhadrasana 1, but keep the chest and hips sideways to the wall.

5. **PARSVOTTANASANA**

Extending forwards with one foot against the wall keeping the backs of thighs and hips facing the wall.

6. **UTTANASANA**

Extending forwards, bringing the heels and thighs against the wall.

7. **PRASARITA PADOTTANASANA**

Widening the legs, extend forwards with the wall as in Uttanasana.

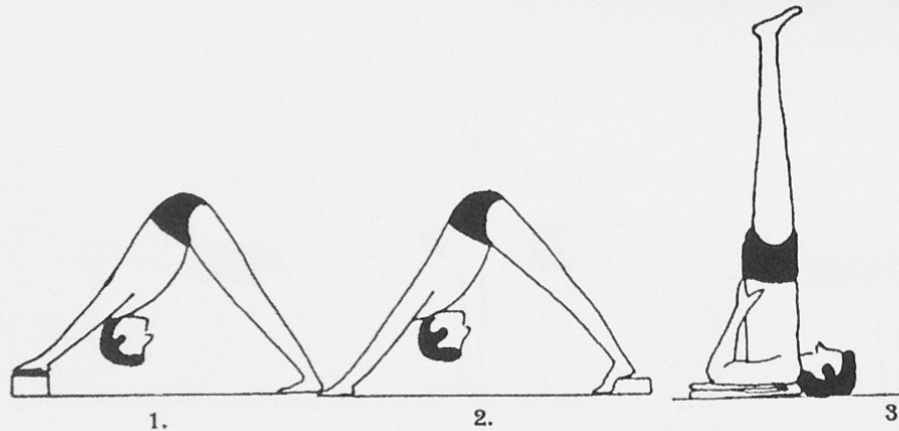
8. **SALAMBA SARVANGASANA**

Extending upwards, bringing the back of the chest to the heels against the wall. Use a support under the shoulders.

9. **HALASANA**

Extending the legs parallel to the floor bring the toes to the floor with the back of the chest and hips against the wall. Use a support under the shoulders.

Day Three



1. ADHO MUKHA SVANASANA

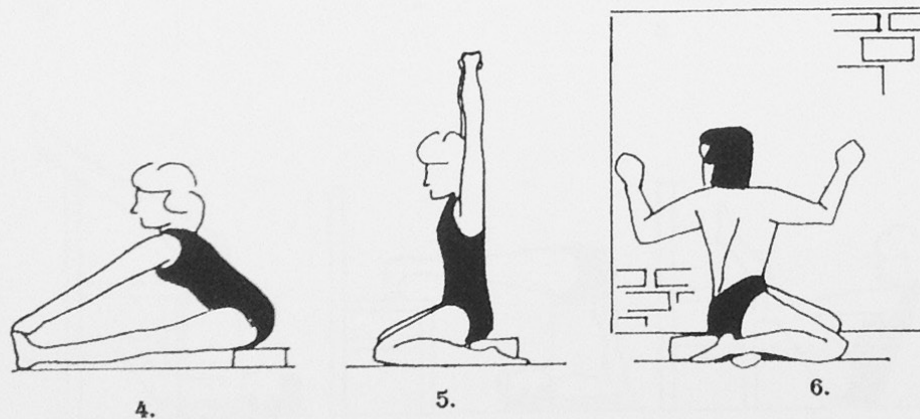
Place the hands on a raised surface, extending the trunk.

2. ADHO MUKHA SVANASANA

Place the heels on a raised surface, extending the trunk.

3. SALAMBA SARVANGASANA

Place the shoulders, upper arms and elbows on a raised surface, and extend the trunk upwards.



4. PASCHIMOTTANASANA

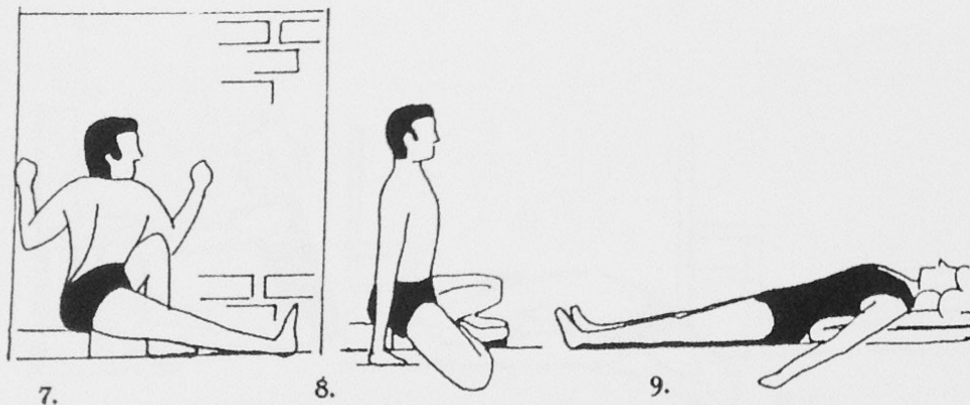
Place the buttocks on a raised surface, and extend the trunk forwards.

5. VIRASANA

Place the buttocks on a raised surface, and extend the trunk upwards.

6. BHARADWASANA 1

Place the buttocks on a raised surface and sit sideways to the wall, then turn the trunk to face the wall.



7. MARICHYASANA 3

Repeat with a raised surface and the wall as in Bharadwajasana 1.

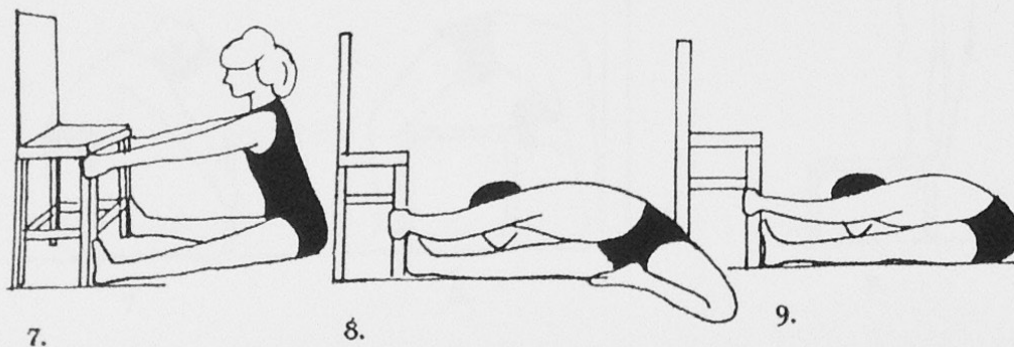
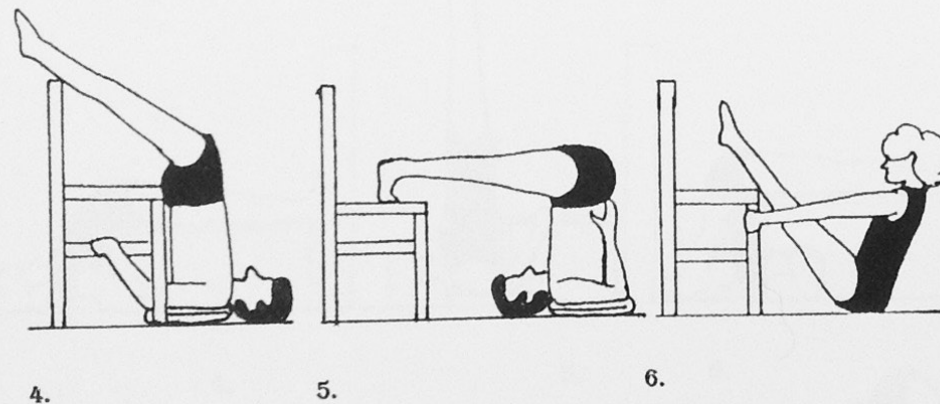
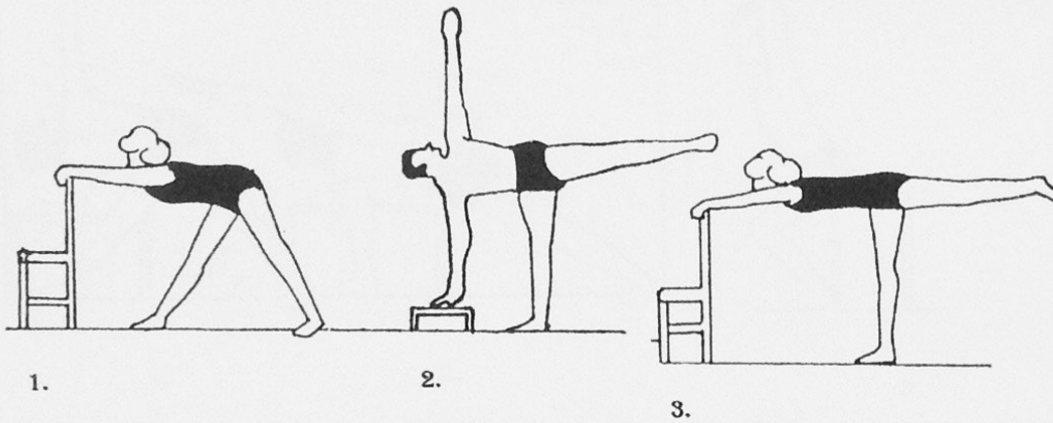
8. BADDHA KONASANA

Place the buttocks on a raised surface, extending the trunk erect.

9. SAVASANA

Place a raised surface from coccyx to head

Day Four



1. PARSVOTTANASANA

Extending the trunk parallel to the floor, rest the hands onto the back of a chair.

2. ARDHA CHANDRASANA

Extending sideways, rest the arm onto a stool.

3. VIRABHADRASANA 3

Extending forwards, rest the hands onto the back of a chair.

4. SALAMBA SARVANGASANA

Place a chair against the back of the hips and extend the legs backwards over the back of the chair. Use a support under the shoulders.

5. HALASANA

Place a chair under the toes, bringing the trunk upwards and keeping the legs parallel to the floor. Use a support under the shoulders.

6. PARIPURNA NAVASANA

Place a chair behind the legs and extend the legs and back erect.

7. DANDASANA

Place a chair behind the feet and hold the chair near the seat to extend the trunk up.

8. JANUSIRASANA

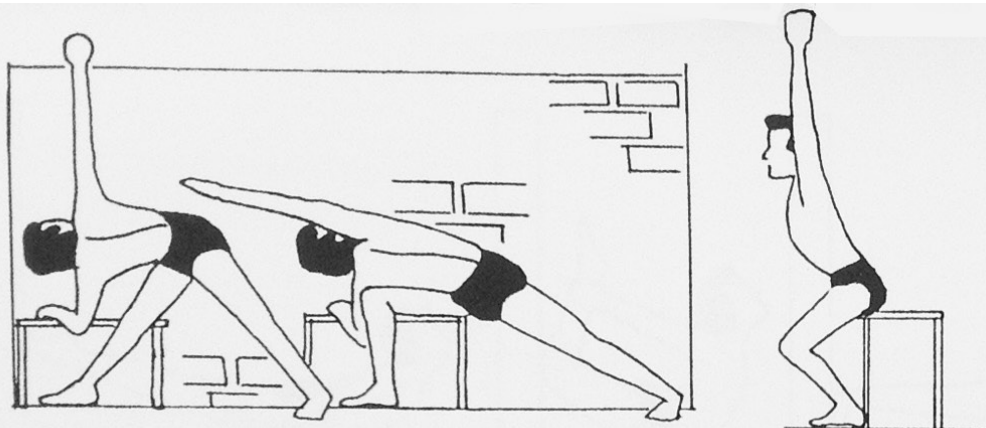
Place a chair behind one foot and hold the chair by its legs and extend forwards.

9. PASCHIMOTTANASANA

Place a chair behind the feet and hold the chair by its legs and extend forwards.

10. SAVASANA

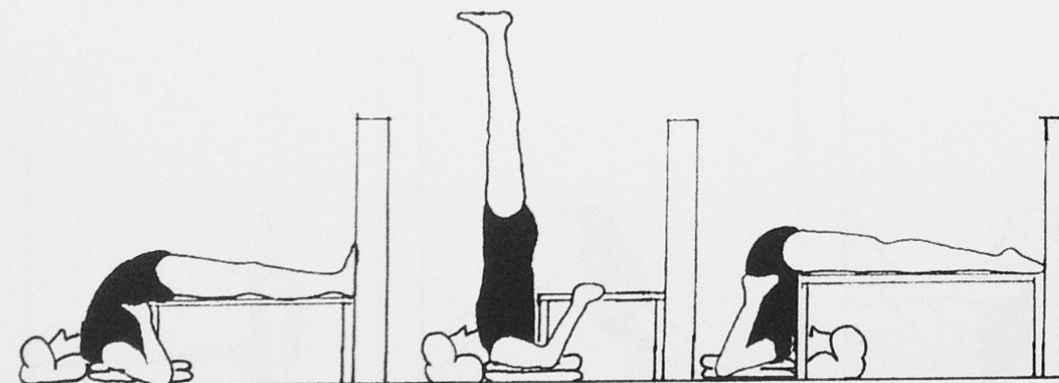
Repeat as on Day Three.



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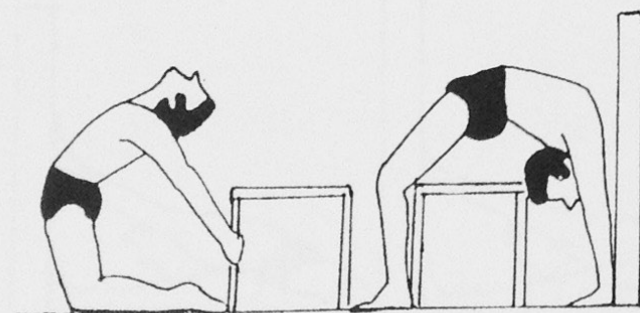
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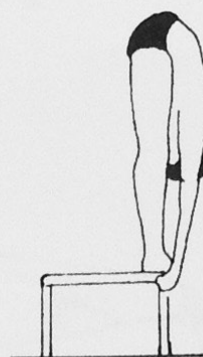
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9.

Day Five

1. PARIVRTTA TRIKONASANA

Stand erect with your back facing the wall, then rotate from the hips and bring the opposite arm over the bench and rotate the whole trunk more.

2. PARIVRTTA PARSVAKONASANA

Repeat with the bench as in Parivrtta Trikonasana.

3. UTKATASANA

Stand erect with the arms straight over the head, then keeping the chest well back, bend the knees and lower the trunk to the bench; (aim to bring the thighs parallel to the floor with a lower bench)

4. SETUBANDHA SARVANGASANA

Place the back of the legs and hips on a bench and raise the trunk up. Use a support under the shoulders.

5. SALAMBA SARVANGASANA

Place the bench against the trunk to support and raise the chest, hips and legs straight up. Use a support under the shoulders.

6. HALASANA

Rest the legs on a bench and extend the trunk up.

7. USTRASANA

Kneel close to a bench and stretch the thighs and ribs, then curve the spine back and hold the bench.

8. URDHVA DHANURASANA

Lie backwards over a bench, and using the wall raise the trunk from the bench.

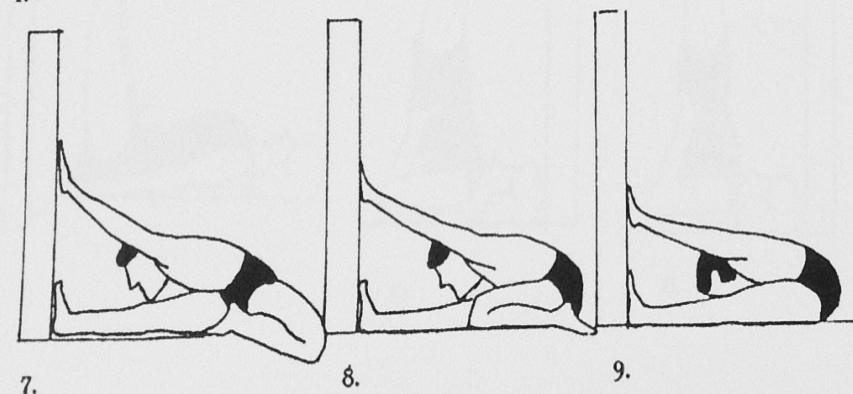
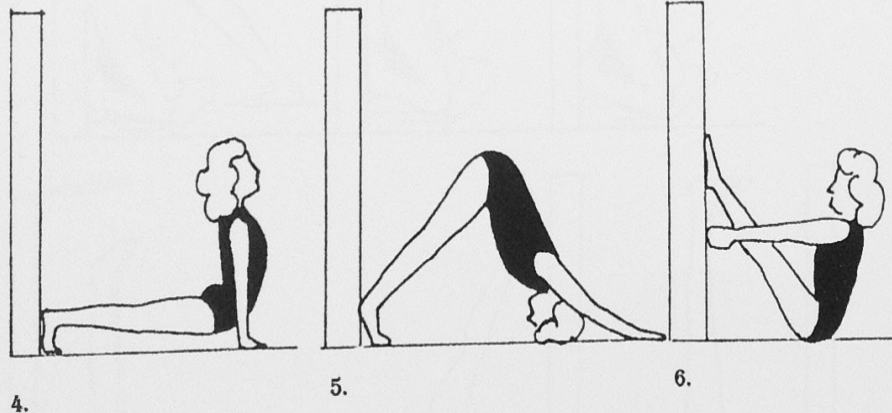
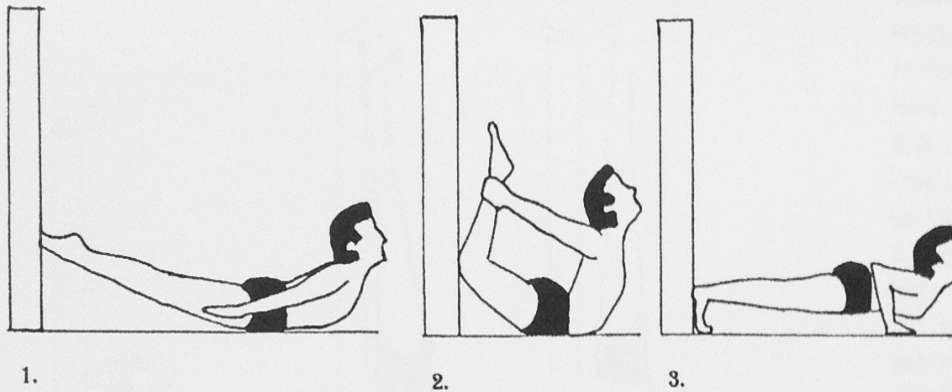
9. UTTANASANA

Stand on a firm bench and keeping your weight back on the heels, extend forwards and hold the legs or sides of the bench to extend the trunk downwards.

10. SAVASANA

Repeat as on Day Three

Day Six



1. SALABHASANA

As you raise the legs and chest off the floor, bring the toes onto the wall.

2. DHANURASANA

Repeat with the wall as in Salabhasana, but bending the knees and holding the feet keeping close to the wall.

3. CHATURANGA DANDASANA

Place the heels against the wall and raise the whole body a few inches above the floor.

4. URDHVA MUKHA SVANASANA

Place the heels against the wall and raise the trunk by stretching the arms straight and shoulders pulled back as far as possible

5. ADHO MUKHA SVANASANA

Place the heels on a wall and extend the trunk towards the legs.

6. PARIPURNA NAVASANA

Place the feet on the wall and sit on the buttocks to extend the trunk up from the base of the spine

7. JANUSIRASANA

Place a foot against the wall and extend the trunk evenly forwards.

8. TRIANGMUKHAIKAPADA

Repeat with the wall as in Janusirasana.

9. PASCHIMOTTANASANA

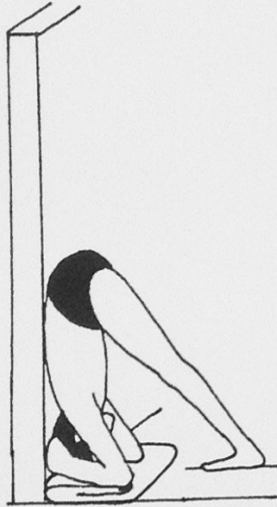
Place both feet against the wall and extend the trunk evenly forwards until it rests upon the legs.

10. SAVASANA

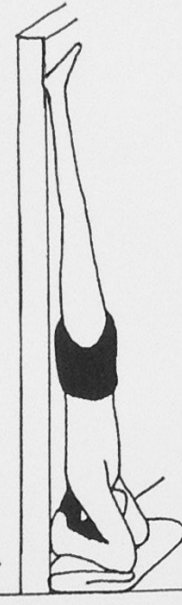
Repeat as on Day Three

Day Seven

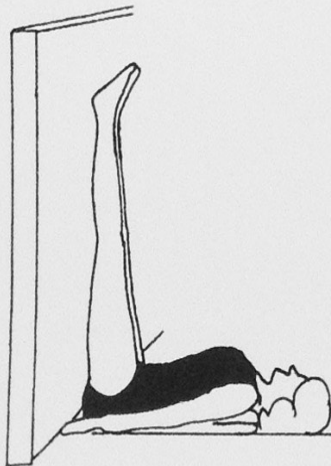
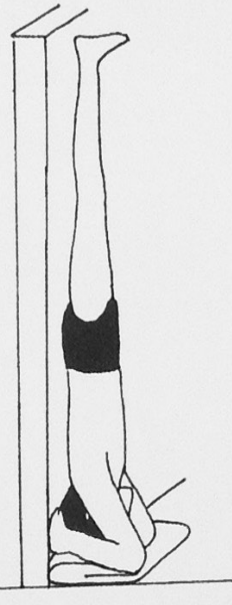
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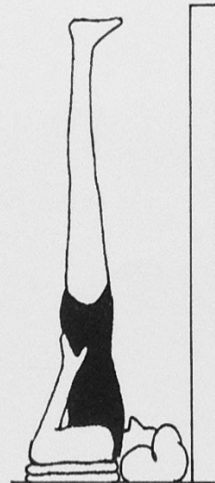
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6.

1. SALAMBA SIRSASANA

Practise with a wall behind the trunk or with the corner walls to stretch the trunk up straight. Use a support under the head.

2. SALAMBA SIRSASANA

Practise keeping the heels on a wall to stretch the whole body up. Use a support under the head.

3. SALAMBA SIRSASANA

Here, as a reminder, and as quoted in 'Light on Yoga'.

"In Sirsasana the balance alone is not important. One has to watch from moment to moment and find out the subtle adjustments. When we stand on our feet, we need no extra effort, strength or attention for the position is natural. Yet the correct method of standing affects our bearing and carriage. It is, therefore, necessary to master the correct method as pointed out in the note on Tadasana. In Sirsasana also, the correct position should be mastered, as a faulty posture in this asana will lead to pains in the head, neck and back." Use a support under the head.

4. SALAMBA SARVANGASANA

Practise with a wall behind the trunk to stretch the legs and trunk straight. Use a support under the shoulders.

5. SALAMBA SARVANGASANA

Here as a reminder and as quoted in 'Light on Yoga'. "The importance of Sarvangasana cannot be over emphasised. It is one of the greatest boons conferred on humanity by our ancient sages. Sarvangasana is the Mother of asanas. As a mother strives for harmony and happiness in the home, so this asana strives for the harmony and happiness of the human system. It is the panacea for most common ailments."

Use a support under the shoulders.

6. SAVASANA

Repeat as on Day Three